

The Flu Brew Recipe



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Introduction

Flus and other respiratory illnesses have plagued both modern and ancient peoples since time immemorial. This deceptively simple recipe is a kind of fusion between herbal medicine and homeopathy which actually increases its potential for treatment on a deeper level.

Initial testing of this formula has tentatively shown it to be effective for respiratory illnesses that start with a fever, descend into the respiratory tract and produce a WET COUGH. Both adults and children have experienced an improvement in their cough but only if there is mucous as it seems to have a drying effect.

In no circumstances would I recommend this formula to be used for a dry cough, as it may further aggravate the mucous membranes.

One of the most common ailments that clients seem to suffer from is the respiratory tract infection. Without fail, every winter, I treat person after person with coughs. While most coughs are mild, some children and adults are struck with acute respiratory symptoms that interfere with their quality of life, and at times even become life threatening. This is where I hope that the flu brew may come in handy.

The Flu Brew is yet to be widely and thoroughly tested on millions of people. This is where everybody "out there" who is interested in furthering independent research can contribute to building up a picture of exactly how the Flu Brew works. One of the things I had in mind when this page was conceived was the ideal of offering a valuable treatment for something nearly all of us at some stage in our lives have suffered from. Whether it's called complications from the flu, bronchitis, pneumonia, whooping cough or any other condition that involves lungs full of sputum, I am curious to hear about your experiences using this preparation.

On mentioning the above conditions, it is vital to ensure with all serious diseases that you seek appropriate medical advice and do not forego life-saving treatment for something not yet adequately tested. However, if these mainstream treatments happen to be falling short of their desired outcomes and you desire to try the Flu Brew, I would very much appreciate your feedback.

Homeopathic research

As a homeopath I believe that homeopathy is one of the modalities of the future. Antibiotics, once considered the miracle drugs of all time, will eventually lose their ability to kill even the most basic of bacteria, just as many other so called wonder drugs have lost their effectiveness over the years. There must be something that can reliably replace them to save lives. Better yet, what if many of these infections could be quickly and specifically prevented instead. If only there were spare billions of dollars to perform quality, gold standard research we would have seen incredible leaps and bounds in homeopathic knowledge and clinical advancements today. There must be more research into what homeopathy can achieve and it has to be done in a way that is easily achievable, affordable and on a large scale basis.

My dream is to provide a platform to perform such research through this page.

Imagine if thousands of people made up the flu brew, gave it to their coughing family and friends, and reported back on how it worked!

Imagine if we had free access to independent research available to all!

Help me in my dream. Make up a batch today. Tell me your results. Let's free homeopathy from media suppression by taking the media into our own hands!!

I will be posting other recipes up after giving them a little trial, and anybody who would like to test any other flu related things please PM me.

I wish you well with your health and happy brewing!

Isobelle

Recipe for making Flu Brew

This is a simple formula that anyone can make in their kitchen using easily available ingredients. It makes a lot, so it can be shared around with neighbours, family and friends.

Ingredients

- 1 heaped tablespoon of whole flaxseeds (also called linseeds, can be found in all health food stores and some supermarkets)
- 1 whole dandelion plant with root (Please see instructions with photographs for details)
- 2 bottle brush leaves (instructions and photographs to follow)
- 1 plastic medicine syringe/ or a dropper from a dropper bottle
- 1 bottle of brandy (scotch or vodka can be used if no brandy)
- Glass jars with lids for storage, or around 50 glass 25ml dropper bottles if you happen to have them on hand.

Instructions

First of all, find a healthy looking dandelion plant. These are very common and grow as weeds. It's important to make sure you have a real dandelion and not one of the many plants that look like a dandelion. Please refer to the following website for more information on dandelion “impostors.”

<http://www.eattheweeds.com/pyrrhopappus-hypochoeris-dandelion-impostors-2/>

Here is a photo of one of the most common impostors in Sydney, next to a real dandelion so you can see the difference. The one that I am pointing to is the real one. Note the leaves which have quite markedly pointed edges compared to the more rounded edges of the false one. Include the root, which you will have to dig up with a small spade if the soil is full of clay. The dandelion root will not come out as easily as the impostor's, and consists of one long “taproot” (see photo) You won't need the whole root if it is difficult to dig out, just 4-5cm will do.



Next, find a **bottle brush tree**. They are very common, and if the characteristic red bottle brush

blossoms aren't in season then you can see the woody remnants of the blossoms in the tree. Have a look at the photo below to make sure you have the right one, and all you need is **two leaves**. Make sure they are in good health and not nibbled by bugs.



Once you have all of your ingredients, make sure all the dirt, spider webs and other impurities are washed off. Here's what the ingredients should look like (**note the dandelion root in two pieces in the middle**):



Next, chop the root and leaves into small pieces.



Put the **dandelion root and leaves, the bottlebrush leaves and flaxseeds** into a small-medium pot with **2 cups (½ Litre) cold water**. Leaving the lid **OFF**, simmer on the lowest heat setting and stir/check every 5-10 minutes until the top of the liquid is oily (should be around 20-30 minutes depending on heat setting).

It's the oil that you want in the final preparation so this is very important. Once ready it should be oily enough to feel on the skin if you rub it between your fingers.



Once the oil has come to the surface, **strain the mixture into a clean bowl**. Discard the solids into the garden or compost.



Next, have your glass bottles/jars ready. Use a syringe, or a dropper from a remedy bottle to **suck up the oil on the surface of the liquid** (or a teaspoon to skim it off if you don't have a syringe but make sure you keep to the surface where the oil is). Underneath the oil you should notice that the liquid has become very slimy and gooey. It's OK if a little liquid from underneath the oil layer gets sucked into the syringe as well, but stick as much as you can to the surface. The oil seems to congregate at the edges of the bowl, which may make it easier to syphon off.



The ratio to make up is 3 drops of surface oil per 25ml of brandy
(one typical lid-full of the brandy, see photo below.)



If you are making this up in **25ml dropper bottles**, **3 drops of the surface oil are used in 1 bottle**, then fill with brandy. If you are filling a glass jar, then just keep the ratio to **3 drops of surface oil to 25 ml brandy**, so for example there would be 12 drops of surface oil in 100ml of brandy if you have a 100ml glass jar (4 brandy lids). This will make at least 50 x 25ml bottles so be prepared to have that much storage! Once finished, discard the rest of the liquid into the sink or garden.

Keep in a cool, dark place and the dosage of the finished preparation is:

Adults: 3 drops, 3 times per day for 7 days, or for the duration of the flu.

Children: 2 drops, 3 times a day

Babies/elderly/sensitive/weak: 1 drop 3 times a day

The ingredients are non toxic but the finished product is quite powerful so stick to this dosage and don't take any more than this.

NOT RECOMMENDED FOR USE AS A PREVENTATIVE. THIS PREPARATION IS FOR FLU TREATMENT ONLY WHERE THERE IS A WET COUGH WITH A LOT OF PHLEGM. DO NOT USE IF THE COUGH IS DRY.